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Protein

Mineral matters

ial agent in charge of Nutrition Investigations

Chart 1.—NUTRIENTS OF FOOD AND THEIR USES IN THE BODY.

EDIBLE PORTION

Flesh of meat, yolk and Nutrients white of eggs, wheat flour, etc.

Water

Bones, entrails, shells, bran, etc.

White of eggs, i. e., albumen, curd of milk, i.e., casein, lean meat, gluten of wheat, etc.

FOOD MATERIALS AS

PURCHASED

tendon, and fat

Forms tissue, i. e., muscle,

Fat of meat, butter, olive oil, oils of corn and wheat, etc.

- - - - Form fatty tissues

energy in form of heat and muscular strength

All serve as fuel and yield

CARBOHYDRATES

Sugar, starch, etc.

MINERAL MATTERS

Phosphate of lime, potash, soda, etc.

- - Transformed into fat

Aid in forming bone, assist in digestion, etc.

Food is that which, taken into the body, builds tissue or yields energy.

ExcFd

FOOD AND DIET.

4.00

Prepared by

Prof. W. O. ATWATER,

OF WESLEYAN UNIVERSITY,

Special agent in charge of Nutrition Investigations.

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Chart 2.—COMPOSITION OF FOOD MATERIALS.

NUTRIENTS, REFUSE, AND FUEL VALUE.

4000

NUTRIENTS, REFUSE, AND FUEL VALUE.											
	N	JTRIENTS) .			N(ONNUTRIE	NTS.	FUEL	VALUE.	
Protein.	Fats.		rbo- rates.	Mineral matters.		Water. Refuse.			Calories.		
Nutrients, etc., p. ct.		10	20	30	40	50	60	70	80	90	100
Fuel value of 1 lb.		400	800	1200	1600	2000	2400	2800	3200	3600	4000
Beef, round											
Beef, round ¹											
Beef, sirloin											
Beef, sirloin ¹											
Beef, rib											
Beef, rib ¹											
Mutton, leg											
Pork, spare rib										STATE STATE THE PARTY.	
Pork, salt											
Ham, smoked									1/1 1/1		
Codfish, fresh											
Codfish, salt											
Oysters											
Milk											
Butter											
Cheese											
Figgs											
Wheat bread											
Wheat flour											
Corn meal											
Oatmeal											
Beans, dried											
Rice								po tra tri	and the second		
Potatoes											
Sugar				1 XX7:411							
				¹ Witllo	ut bon	ie.					

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Chart 3.—PECUNIARY ECONOMY OF FOOD.

Amounts of Nutrients Obtained in Different Food Materials for 10 cents.

Protein. Pats. Carbohydrates. Puet value. Mineral matters.	Amounts of Nutrients Obtained in Different Food Materials for 10 cents.										
Permute of nutrients and calories of fuel value in 10 cents' worth.	Protein.		Fats	ius. Carponyaraucs. Tuci varius.							
Beef, round 12 83		per	cents will	Pounds of nutrients and calories of fuel value in 10 cents' worth.							
Beef, sirloin Beef, rib Beef, rib 16 .63 Mutton, leg 12 .83 Pork, spare rib 12 .83 Pork, salt, fat 14 .71 Ham, smoked 16 .63 Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 16³ .60 Wheat bread 4 2.50 Wheat flour 2³ 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00		Cents.	Pounds.								
Beef, sirloin Beef, rib Beef, rib 16 .63 Mutton, leg 12 .83 Pork, spare rib 12 .83 Pork, salt, fat 14 .71 Ham, smoked 16 .63 Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 16 .60 Wheat bread 4 2.50 Wheat flour 2 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00	Beef, round	12	.83								
Mutton, leg 12 83 Pork, spare rib 12 83 Pork, salt, fat 14 .71 Ham, smoked 16 .63 Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 163/3 .60 Wheat bread 4 2.50 Wheat flour 21/2 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00	Beef, sirloin	18	.55								
Pork, spare rib 12 .83 Pork, salt, fat 14 .71 Ham, smoked 16 .63 Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 16s/s .60 Wheat bread 4 2.50 Wheat flour 2s/s 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Potatoes, 60 cts. bush. 1 10.00	Beef, rib	16	.63								
Pork, salt, fat 14 .71 Ham, smoked 16 .63 Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 163/8 .60 Wheat bread 4 2.50 Wheat flour 2½/4.00 2.50 Corn meal 2 5.00 Oatmeal 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00	Mutton, leg	12	.83								
Ham, smoked 16 .63 .63 .60 .63 .60		12	.83								
Codfish, fresh 8 1.25 Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 163/3 .60 Wheat bread 4 2.50 Wheat flour 23/3 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00		14	.71								
Codfish, salt 6 1.67 Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 162/3 .60 Wheat bread 4 2.50 Wheat flour 21/2 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00		16									
Oysters, 40 cts. qt. 20 .50 Milk, 6 cts. qt. 3 3.33 Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 162/3 .60 Wheat bread 4 2.50 Wheat flour 22/2 4.00 Corn meal 2 5.00 Datmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00	And the second of the second o	8									
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Butter 24 .42 Cheese 16 .63 Eggs, 25 cts. doz. 162/3 .60 Wheat bread 4 2.50 Wheat flour 21/2 4.00 Corn meal 2 5.00 Datmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00		20	.50								
Cheese 16 .63 Eggs, 25 cts. doz. 16⅔ .60 Wheat bread 4 2.50 Wheat flour 2⅓ 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00		J	3.33								
Eggs, 25 cts. doz. $16\frac{2}{3}$.60 Wheat bread 4 2.50 Wheat flour $2\frac{1}{2}$ 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00											
Wheat bread 4 2.50 Wheat flour $2^{\frac{1}{2}}$ 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00			.63								
Wheat flour 2½ 4.00 Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00		16 ² / ₃	.60								
Corn meal 2 5.00 Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00		4									
Oatmeal 4 2.50 Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush 1 10.00											
Beans, white, dried 4 2.50 Rice 5 2.00 Potatoes, 60 cts. bush. 1 10.00											
Rice Potatoes, 60 cts. bush. 1 10.00		4									
Potatoes, 60 cts. bush. 1 10.00		4									
		5	2.00								
Sugar 5 2.00	Potatoes, 60 cts. busl	1. 1	10.00								
	Sugar	5	2.00								

FOOD AND DIET.

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Chart 4.—DIETARIES AND DIETARY STANDARDS.

	QUANTITIES OF NUTRIENTS AND ENER	GY IN FOO	OD PE	R MA	N PER DAY.	
	Protein. Fats. Carbo	ohydrates.		Fuel	value.	
3.	Nutritive ingredients (actual nutrients).		1 1.1	h	2 Lbs.	3 Lbs.
	Fuel value.	20		01	4000 Cal.	J
	ruer varue.	4	JUU	Ual.	Tuuu vai.	oudu dal.
	Underfed laborers, Italy					
	Students, Japan					
	Lawyer, Germany					
	Physician, Germany					
	Physician, Denmark					
	Well-fed tailor, England					
	Laborers at active work, England					
-	Well-paid mechanics, Germany					
	Miners at severe work, Prussia					
-	Mechanics at moderate work, Sweden					
	Mechanics at severe work, Sweden Chamiest Connections					
	Chemist, Connecticut College professor, Connecticut					
	College students, Northern States					
	Mason, Connecticut					
	Glassblower, Massachusetts					
	Blacksmith, Connecticut					
	Factory operatives, Massachusetts					
	Brickmaker at hard work, Massachusetts					
	Machinist at hard work, Massachusetts			,		
	Dietary standards.					
	Man with little muscular work					
17-	Man at moderate work		***			
	Man at severe work					
	TILOULI COO NOTOLO TITOLIA					